



PE CURRICULUM PROGRESSION

	RECEPTION Three and Four Year olds Reception ELG	YEAR 1	YEAR 2
Dance	- To enjoy joining in with dancing and ring games. - To begin to move rhythmically. - To imitate movement in response to music. - To tap out simple repeated rhythms - To represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories.	- Copies and explores basic movements and body patterns - Remembers simple movements and dance steps - Links movements to sounds and music. - Responds to a range of stimuli.	- Copies and explores basic movements with clear control. - Varies levels and speed in sequence - Can vary the size of their body shapes - Add a change of direction to a sequence Uses space well and negotiates space clearly - Can describe a short dance using appropriate vocabulary - Responds imaginatively to stimuli.
Gym	- To move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping - To mount stairs, steps or climbing equipment using alternate feet. - To stand momentarily on one foot when shown. - To experiment with different ways of moving. - To jump off an object and land appropriately. - To travel with confidence and skill around, under, over and through balancing and climbing equipment - To show good control and co-ordination in large and small movements.	- Copies and explores basic movements with some control and coordination - Can perform different body shapes - Performs at different levels - Can perform 2 footed jump. - Can use equipment safely - Balances with some control - Can link 2-3 simple movements	- Explores and creates different pathways and patterns. - Uses equipment in a variety of ways to create a sequence - Link movements together to create a sequence

Games	- To run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles. - To catch a large ball. - To negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles - To show increasing control over an object in pushing, patting, throwing, catching or kicking it - They move confidently in a range of ways, safely negotiating space.	- Can travel in a variety of ways including running and jumping. - Beginning to perform a range of throws - Receives a ball with basic control - Beginning to develop hand-eye coordination - Participates in simple games	- Confident to send the ball to others in a range of ways. - Beginning to apply and combine a variety of skills (to a game situation) - Develop strong spatial awareness - Beginning to develop own games with peers - Understand the importance of rules in games - Develop simple tactics and use them appropriately - Beginning to develop an understanding of attacking/ defending
Athletics		- Can run at different speeds. - Can jump from a standing position - Performs a variety of throws with basic control.	- Can change speed and direction whilst running. - Can jump from a standing position with accuracy. - Performs a variety of throws with control and coordination. - Preparation for shot put and javelin - Can use equipment safely
Swimming		- Swim competently, confidently and proficiently over a distance of 25 metres - Use of range of strokes effectively - Perform safe self-rescue in different water-based situations.	

Evaluation	• Can comment on own and others performance • Can give comments on how to improve performance. • Use appropriate vocabulary when giving feedback.	
Healthy Lifestyle	• To observe the effects of activity on their bodies. • To understand that equipment and tools have to be used safely. • To show understanding of the need for safety when tackling new challenges and consider and manage some risks. • To show understanding of how to transport and store equipment safely. • To practice some appropriate safety measures without direct supervision. • To know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.	• Can describe the effect exercise has on the body • Can explain the importance of exercise and a healthy lifestyle. (Also links with Key Stage 1 Science Objectives)